

THURSDAY, MARCH 22, 2012

THE FORT JACKSON LEADER

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INJURED VETERANS 'RIDE 2 RECOVERY'

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Know the rules about political activity

Voting is an important right that affords every American the opportunity to have a personal voice in shaping our country's future. In our political process, every vote counts, and one vote can make a world of difference.

Let me make it clear that our leaders need to stress to our Soldiers and Department of the Army civilians that they should take part in the election process — in my view, it's a right that too few citizens exercise. The Army encourages its Soldiers, civilians and all eligible community members to exercise the right to vote. Our unit voting officers work diligently to provide our Soldiers and their Families with the necessary resources to get to the voting booth and for registering in their home states as absentees. I am hopeful that all of you register and take part in this most fundamental democratic process.

However, as members of the military there are limits as to what we can and cannot do as part of the political process, and this is so that we maintain our position of neutrality. We need to make sure that we do not violate our neutral, collective, apolitical stance so that we never breach the public's trust in the military profession.

It goes without saying that during the year of a presidential election, there is an abundance of political messaging and activities. Take a look at the news at any time and you will likely see a great number of stories dealing with issues surrounding Republican presidential hopefuls and an equal number of news stories scrutinizing our current commander in chief.

MAJ. GEN. JAMES M. MILANO

*Fort Jackson
Commanding
General*



When the political fanfare is at full throttle down the stretch, Soldiers and federal employees at Fort Jackson must stay focused on the responsibilities and obligations as members of the government work force.

The Department of Defense continuously renews its emphasis on the rules limiting what service members are permitted to do regarding political activities. From time to time, DoD revises rules about candidacy and campaigning as it deems necessary.

We need to make sure that we stay abreast of these mandates and responsibilities about the ethics requirements governing public activities — because there are rules that apply to Soldiers and other rules that federal employees must follow.

For example, a Soldier is allowed to express his or her personal opinion about a political candidate — but just not as a representative of the Army. A Soldier can attend partisan and non-partisan political gatherings — but

not in uniform. A Soldier may also make contributions to a political party or organization. However, a Soldier may not be a candidate or hold a civil office, except under limited conditions.

Our military's ethics standards do not prohibit an Army civilian from campaigning for or against a particular candidate in a partisan election.

That's OK, so long as the campaigning does not take place on post and in the workplace. There are many other rules and distinctions — far too many to mention in this space. A good rule of thumb is that any public or outward involvement in support of partisan political activity during which it could possibly appear that you are acting as a spokesman for the Army is more than likely prohibited.

For more clarification, Soldiers should consult AR 600-20 and DODDIR 1344.10 for guidance. Civilians should refer to the U.S. Office of Special Counsel website at <http://www.osc.gov/hatchact.htm> for more information. To view an easily understandable list of what's OK to do and what's not OK, I would suggest that you take a look at this website: <http://armylive.dodlive.mil/index.php/2012/01/know-the-facts-election-2012/>. If you have a question reference absentee ballots I recommend you refer to website www.fvap.gov.

Finally, if there are still questions, Fort Jackson's Staff Judge Advocate's administrative law section should be able to answer them.

Army Strong and Victory Starts Here!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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IMCOM commander stresses world-class customer service

Every day across our installations, members of Team IMCOM are working hard to provide world-class customer service and make it a great day to be a Soldier, Family member or Army civilian.

A prime example is when a 71-year-old retired sergeant first class visited the Fort McCoy, Wis., ID card office to renew his card. Mr. Ken Quade, a separation and retirement services specialist, noticed the retiree needed a different kind of card. He was not receiving all the benefits he should have.

Mr. Quade could see the customer needed help, and so he took corrective action. Incredibly, with Mr. Quade's help, the retiree was eventually able to recover more than \$41,000 in back pay and receive other benefits he had earned.

Just imagine the impact of this on the sergeant first class and his wife. They returned to the office to tell Mr. Quade in person what a big difference it made in their lives.

We in the Installation Management Command are charged with delivering the majority of installation services and Soldier and Family programs, and we know that a critical element of service delivery depends on our people.

World-class customer service depends on making connections with the customers across the counter — listening to them, working to find solutions, and saying thank you. It doesn't cost a penny to make someone feel like a million dollars. It does take a commitment to serve and provide leadership at every level.

Our focus on customer service is a promise of predictable service. It is a promise that customers will always be treated with courtesy, respect and an attitude of let's-make-this-work.

We can see many other great examples of customer service across IMCOM. There's Ms. Carol Pryer, a survivor support coordinator with the Florida Army National Guard,

Commentary

**By LT. GEN.
MICHAEL FERRITER**
IMCOM commander



who with great persistence and compassion has built a strong network for our most revered members, Army survivors.

Or Ms. Robin Greene at Fort Sam Houston, Texas, who has worked hard to streamline the process for providing housing for Soldiers with medical needs. Or Ms. Jessica Zagelow, Family Child Care Director at Fort Bliss, Texas, who goes above and beyond for children who need extra care. Or Mr. Nick Overstake and Mr. Pat Fielder at Campbell Army Airfield, Ky., who came in Christmas Day to repair runway lights and make sure a flight with redeploying Soldiers could land. There are way too many great examples to name them all, and to that I say, "Go team!"

Thank you, IMCOM personnel, for setting the standard for customer service. I am extremely proud of our team and what you do for Soldiers, Families and civilians every day.

And thank you, too, to our customers for your feedback. Keep sending us those ICE comments. Visit the IMCOM Facebook page and tell us about our team members who deliver excellent customer service. We want to know how we can improve, and just as much, we want to hear about our stars.

Army strong!

Yackley takes over as new DCO

Leader Staff Report

Col. Stephen Yackley assumed duty March 16 as deputy commander, U.S. Army Training Center and Fort Jackson.

Before this assignment, Yackley served as the chief of staff, First Army Division East, Fort Meade, Md.

"I am excited about being back at Fort Jackson and the business of transforming civilians to Soldiers. There is no more important task in our Army," Yackley said. "We love the Columbia community, (my wife) Debby and I had a great experience during our two previous assignments and our time here meant so much to our family, it was an easy decision to return."

Yackley previously served here as the commander of 1st Battalion, 61st Infantry Regiment and later as the commander of the 193rd Infantry Brigade.

Other key assignments included assistant commander of the Combined Security Transition Command-Afghanistan responsible for the development of the Ministry of Interior and Afghan National Police, Operation Enduring Freedom. In January 2003, he deployed a task force to Taszar, Hungary with the mission to train free Iraqi forces in support of Operation Iraqi Freedom.

Yackley enlisted in the Army in 1973 serving two tours in Germany and tours with the 1st Ranger Battalion, Fort Stewart, Ga., and Operational Detachment 235, C Company, 2nd Battalion, 12th Special Forces Group (Airborne),

USAR.

In 1984, he graduated from the University of Arizona with a bachelor of science degree in business administration and was commissioned in the infantry. He served with the 1st Infantry Division at Fort Riley, Kan., and in Germany with the 1st Infantry Division (Forward) with whom he deployed to Operations Desert Shield / Desert Storm. In 1991, he was assigned as a small group tactics instructor, Infantry Officers Advanced Course, Fort Benning, Ga.

He also served with the 3rd Brigade, 4th Infantry Division and 1st Battalion, 8th Infantry Regiment, Fort Carson, Colo., followed by assignment as a maneuver observer/controller in the Battle Command Training Program at Fort Leavenworth, Kan. His joint assignments include chief of the PAL Management Control Team, J36, U.S. European Command, Stuttgart, Germany and chief, Land and Military Assistance to Civil Authorities Branch, Future Operations Division, J3, U.S. Northern Command, Colorado Springs, Colo.

Yackley is a graduate of the Infantry Officer Basic and Advanced Courses, Armor Officer Advanced Course, U.S. Army Command and General Staff College, the Armed Forces Staff College Joint Staff Officers Course, and the U.S. Army War College class of 2006. He earned a masters degree in management from Troy State University, and a masters degree in strategic studies from the U.S. Army War College.



YACKLEY

IMCOM Warrior



Photo by MICHAEL A. GLASCH, Public Affairs Office

Staff Sgt. Jerry Price, chaplain's assistant, pushes through to the finish line of a six-mile road march Tuesday during the IMCOM Atlantic Region's Best Warrior Competition being held here at Fort Jackson for the first time in the event's history. Price, Fort Jackson's lone representative, is one of 15 competitors from nine installations. The four-day event tests Soldiers physically as well as mentally. The command sergeant major for IMCOM Atlantic Region, Command Sgt. Maj. Charles Durr, said that while this is a competition, each Soldier participating has already won. "It is that warrior spirit that is in each one of them that has enabled them to rise to the occasion and separate themselves from their peers," Durr said. The top NCO and top junior enlisted Soldier will be announced Friday.

LEADER DEADLINES

Article submissions are due two weeks before publication.

For example, an article for the March 1 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the April 5 Leader must be submitted by March 29.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



Want more Fort Jackson news? Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>

Maude lecture



Photo by SUSANNE KAPPLER

Brig. Gen. Richard Mustion, director of Military Personnel Management, Office of the Deputy Chief of Staff for Personnel, speaks to a capacity crowd during the 11th LTG Timothy J. Maude Leadership Lecture Tuesday at the Solomon Center. The lecture series is hosted by the Adjutant General School in remembrance of Maude, who was killed in the Sept. 11 attack on the Pentagon.

Army Career Tracker available to more civilians

From the Army Civilian Training and Leader Development Division

Employees in seven more civilian career programs now have access to Army Career Tracker, the Army's first comprehensive leader development and career management tool that integrates training, assignment history, education and experiential learning into one personalized, user-friendly online interface for all Army personnel.

First implemented for enlisted Soldiers, ACT expanded to officers and Army civilians in the fall. Thirteen of the Army's 31 civilian career programs — comprising about one-third of the Army's civilian workforce — now have access: CP 10, 11, 12, 13, 17, 18, 22, 24, 27, 29, 31, 32 and 34. The next civilian career programs set to spiral into ACT at the end of this month are CP 14, 16, 20, 26 and 33. All career programs — in addition to all enlisted and officer career management fields (of all active and Reserve components) — are scheduled to be in ACT by the end of the fiscal year.

The Army's leadership wants to ensure all members of the Army Civilian Corps have a deliberate career path to follow, under secretary of the Army Dr. Joseph W. Westphal said during the 2011 AUSA Annual Meeting, adding that “employees will be able to receive education, training and development in those career paths so they can grow in the Army and provide greater expertise in their jobs.”

ACT also aligns civilian training and career development with the goals of Army Learning Concept 2015 and

supports civilian workforce transformation initiatives.

“The Army Career Tracker empowers Army civilians to effectively take ownership of their professional career and leader development,” said Vicki Brown, chief of Civilian Training and Leader Development, Army G-37. “One of our goals is to ensure all Army civilians know the tools available to help them chart their course and have the opportunity to participate in professional development to help them achieve their career goals and support their organizational mission.”

ACT — online at <https://actnow.army.mil> — allows users to:

- ❑ View career related data in one online portal;
- ❑ Examine career maps (personalized professional development models for their career plan);
- ❑ Receive recommendations from leaders, mentors, supervisors and career program managers;
- ❑ Identify the operational/functional, institutional and leader development requirements;
- ❑ Complete and individual development plan;
- ❑ Plan new activities designed to reach professional and personal goals.

A great tool for young careerists, ACT offers a visible roadmap to help them decide where they want to go and what they have to do to reach the highest levels in their career fields so they can start planning early, according to Brown.

Employees are encouraged to access ACT at least monthly to communicate with their leaders, supervisors and mentors about career development goals and obtain

the latest news and information tailored to their career program and individual needs. Users are also expected to use ACT to create and track their personal and professional career development goals. Users can search multiple education and training resources, monitor their career development and receive personalized advice from their leaders.

The system allows civilian and military supervisors and mentors to monitor their employees' goals and provide them developmental recommendations, notifications and career advice. Supervisors will be able to view records for both their civilian and military employees. In addition, those civilians who are also part-time in uniform are able to view both their military and civilian records through one portal.

Part of the 2011 Army Campaign Plan, Army Learning Concept 2015 and the Civilian Workforce Transformation Initiatives, Army Career Tracker is managed by TRA-DOC. The system leverages existing Army systems to capture and present career management data; it does not replace or eliminate current systems and programs. The Army G3/5/7 Training Directorate's Civilian Training and Leader Development Division, in conjunction with TRA-DOC, is leading the ACT civilian implementation.

The rest of the Civilian CPs will spiral into ACT in two phases: early July and late September. When ACT is fully implemented by the end of the year it will service some 1.4 million users.

Visit the ACT website, <https://actnow.army.mil>, for additional information.

Housing Happenings

COMMUNITY UPDATES

- ❑ Refer someone to move on post to receive \$200.
- ❑ To nominate a child for the “Distinguished Child Award,” email ayoungblood@bbcgrp.com.
- ❑ LifeWorks events are reserved for on-post housing residents unless otherwise indicated. For questions, comments or suggestions, email ayoungblood@bbcgrp.com.
- ❑ Residents are reminded to leave their trash cans curbside the night before service is scheduled. Once your trash can has been emptied, be sure to stow it properly.
- ❑ The Yard of the Month Program returns May 1. Yard of the Month winners will be recognized in *The Fort Jackson Leader*, Balfour Beatty Communities website and newsletter. The grand prize winner will also receive a \$50 gift card contest of BBC. Visit the Self Help Center on Ivy Road and browse the lawn and garden tools that can help you cultivate a beautiful yard and flower garden. The center is open Monday through Friday from 8 a.m. to 4 p.m.
- ❑ Residents are asked to refrain from parking on grassy areas to avoid damage to the grass and sprinkler heads. Violators will be responsible for repair fees.
- ❑ The mayoral council is looking for volunteers to serve as mayors. Mayors get credit for volunteer hours, receive training and have the opportunity to improve the quality of life for Fort Jackson residents. Child care is provided while performing mayoral duties. For more information, call 751-7567.
- ❑ To recycle glass, put it in the glass recycling igloos located throughout the housing area.



Thursday, March 22 — 6 p.m.
Red Tails PG-13

Friday, March 23 — 4 p.m.
Mards Needs Moms PG

Friday, March 23 — 7 p.m.
Safe House R

Saturday, March 24 — 4 p.m.
Chronicle PG-13

Sunday, March 25 — 2 p.m.
Journey 2:
The Mysterious Island PG

Wednesday, March 28 — 1:30 p.m.
Journey 2:
The Mysterious Island PG

Wednesday, March 28 — 4 p.m.
Safe House R

Adults: \$4.50
Children (12 and younger): \$2.25
For more listings, visit www.aafes.com or call 751-7488.

Iroquois Warriors welcome new brigade commander

By CAPT. BRENT DENISAR
2nd Brigade, 98th Training Division

It was a one-star studded event twice over as Col. Miles Davis assumed command of 2nd Brigade, 98th Training Division (Initial Entry Training) from Col. Paul Driscoll Sunday at Hilton Field.

Brig. Gen. Dwayne Edwards, commanding general of the 98th Training Division (IET), served as reviewing officer. Brig. Gen. A. Ray Royalty, commanding general of the 95th Training Division (IET), attended the ceremony along with Col. Steve Yackley, deputy commander of the U. S. Army Training Center and Fort Jackson, and about 150 other guests.

Lt. Col. Donald Campbell, deputy commander of the 2nd Brigade, 98th Training Division (IET), served as commander of troops for the approximately 200-Soldier formation.

“Change of Command is so important to us,” Edwards said. “Leading Soldiers is the highest privilege we will ever hold. It is not given by birthright, income or position. A commander is selected by merit. That is what makes us different, makes us best.”

Davis served as the deputy commanding officer, 4th Brigade, 95th Training Division (IET) in Beaver Dam, Wis., prior to assuming command.

“Col. Davis has a long, rich background in the training environment. He knows IET,” Edwards said. “He started off enlisted as MP and knows the importance that drill sergeants play in molding, mentoring and teaching Soldiers.” Davis has served in numerous command and operational assignments in the 70th, 84th, 100th, 95th,



Photo by CAPT. BRENT DENISAR, 2nd Brigade, 98th Training Division
From left, Col. Paul Driscoll, outgoing commander, Brig. Gen. Dwayne Edwards, commanding general of the 98th Training Division (IET), and Col. Miles Davis, incoming commander, are pictured during the 2nd Brigade, 98th Div. Change of Command Sunday at Hilton Field.

and 98th divisions.

Davis’ speech centered around appreciation, anticipation and expectation. “Appreciation — to God who made this day possible ... to family ... to friends,” Davis said. “Anticipation — for all that lies ahead, for the future of this brigade is a bright one. Expectation — as noted by Charles F. Kettering, ‘High achievement always takes place in the framework of high expectations.’

“We will be the premier training brigade in the United States Army, led by the most professional officers, NCOs and Soldiers in the United States Army, providing the best prepared Soldiers in the world. We will be

the standard to which all other brigades are measured,” he said.

Driscoll moves to the 98th Training Division (IET) headquarters in Rochester, N.Y.

“Col. Driscoll didn’t hesitate, stepped up, and said yes when we needed him,” Edwards said. “He has worked tirelessly ever since and pushed the brigade to new levels.”

“Command has been one of the most rewarding assignments in my 27 years in uniform,” Driscoll said. “To my successor, Col. Davis, I look forward to watching you lead this brigade to new heights and the next level.”

UPCOMING CHANGES OF COMMAND/RESPONSIBILITY

- ❑ **March 31 — 2nd Battalion, 60th Infantry Regiment:** 1st Sgt. Ronald Newman will assume responsibility from Command Sgt. Maj. Lloyd Julius; 4:30 p.m.; 2-60th headquarters.
- ❑ **April 13 — Garrison:** Command Sgt. Maj. Christopher Culbertson will relinquish responsibility; 9 a.m.; Joe E. Mann Center.
- ❑ **April 27 — Adjutant General School:** Command Sgt. Maj. Christopher Culbertson will assume responsibility from Command Sgt. Maj. Darlene Hagood; time and location to be determined.
- ❑ **May 11 — 171st Infantry Brigade:** Command Sgt. Maj. William Huffin will relinquish responsibility; 2 p.m.; 171st headquarters.
- ❑ **May 18 — 193rd Infantry Brigade:** Command Sgt. Maj. Lloyd Julius will assume responsibility from Command Sgt. Maj. Jeffrey Dunkelberger; 9 a.m.; 193rd headquarters.
- ❑ **June 1 — 2nd Battalion, 39th Infantry Regiment:** Lt. Col. Jason Glick will assume command from Lt. Col. Gregg Blumhardt; 9 a.m.; Officers’ Club.
- ❑ **June 5 — 3rd Battalion, 60th Infantry Regiment:** Lt.

Col. Thomas McCardell will assume command from Lt. Col. John Allen; 9 a.m.; Officers’ Club.

❑ **June 8 — Adjutant General School:** Col. Todd Garlick will take over as commandant for Col. Robert Manning; time and location to be determined.

❑ **June 15 — 120th Adjutant General Battalion (Reception):** Lt. Col. Vincent Valley will assume command from Lt. Col. Michael McTigue; 9 a.m.; Officers’ Club.

❑ **June 22 — 193rd Infantry Brigade:** Col. Joseph McLamb will assume command from Col. Drew Meyero-wich; 9 a.m.; Officers’ Club.

❑ **July 12 — Training Support Battalion:** Lt. Col. Neil Mahabir will assume command from Lt. Col. Sula Irish; time and location to be determined.

❑ **July 20 — 171st Infantry Brigade:** Col. Mark Bieger will assume command from Col. George Donovan; 9 a.m.; Officers’ Club.

To announce a battalion level or above Change of Command/Responsibility, call 751-7045 or email fjleader@gmail.com.

Women chaplains contribute to Army

A picture says a thousand words. That's what they say, and that's what I rediscovered when I asked female Army chaplains to send me pictures of themselves doing ministry.

Last January, female chaplains got together for the Third Annual Female Army Chaplain Training in San Diego. For the event, we wanted to put together a slide show of female Army chaplains in action. So, I sent out a request to all the female Army chaplains I could find in the regular Army, Reserves and the National Guard. I asked them to send me pictures of themselves in uniform, doing ministry.

Soon afterward, my email inbox began to fill with pictures of women Army chaplains. They were baptizing Soldiers in tubs of water, rivers and in the Persian Gulf. They were preaching to crowds of Soldiers in combat zones with weapons at their sides. There were pictures of women chaplains praying over the dead at ramp ceremonies, and praying for those left behind at memorial ceremonies. I saw pictures of female chaplains offering Holy Communion to Soldiers with outstretched, albeit dirty, hands, and of them praying for huddled Soldiers

Commentary

**By CHAPLAIN (MAJ.)
RENEE KIEL**

*US Army Chaplain Center
and School*



about to go out on convoy in pre-dawn darkness. I received pictures of women chaplains ministering at the bedside of sick and wounded Soldiers in hospitals and medical tents.

I was genuinely humbled and awed by many of the pictures. Some made me smile, like the picture of female chaplain baptizing a Soldier in a palace fountain in Iraq, and some pierced my heart, like the picture of a woman chaplain kissing an Afghan toddler who had been severely burned.

I received so many pictures I had a difficult time

labeling and cataloging them all. It was a wonderful problem to have.

In the book of Judges, there is a story of a general named Barak, who is told by the prophetess Deborah, "The Lord, the God of Israel, commands you, 'Go, take position at Mount Tabor ...'" Barak's response is that he will go, but only if Deborah will go with him, so she does. A great battle ensues and an even greater victory is won by Israel (Judges 4:4-10).

In my mind, all of these female Army chaplains are Deborahs of sorts. They go with their Soldiers and commanders into the battle. They are faithful servants of God who minister, preach, counsel, pray, preside and care for our nation's military. During this month of celebrating women's history, let's remember to thank God for the selfless service of women Soldiers everywhere, and especially for the ministry and contributions of female Army chaplains.

Editor's note: The installations's Women's History Month luncheon is scheduled from 11:30 a.m. to 1 p.m., Friday, at the Solomon Center. The guest speaker will be Chief Warrant Officer 5 Coral Jones.



Photos by TIFFINI JONES VANDERWYST, Ride 2 Recovery

More than 200 riders took part in the 424-mile trip that made up Ride 2 Recovery's 'Gulf Coast Challenge,' designed to support physical and psychological rehabilitation programs for injured veterans. Among them were 10 Soldiers from Fort Jackson.

Injured veterans 'Ride 2 Recovery'

By WALLACE McBRIDE
Fort Jackson Leader

Lt. Col. Kimberley Norris-Jones had given up.

She was exhausted after crossing a three-mile bridge on a recumbent tricycle, and was met on the other side of the bridge by harsh winds. Designed to offset physical disabilities, recumbent vehicles allow riders to pedal from a seated position. Hills present special obstacles for recumbent riders because they can't use their body weight to pedal against a slope's resistance. The day's unpredictable terrain had drained her.

She was nowhere near the end of the day's ride, but she had already given up. Norris-Jones decided to find some other way back to camp, declared that she was "done." That was when her pusher intervened. Pushers are cyclists who assist riders in non-traditional vehicles to navigate hills and obstacles and, in this case, Norris-Jones was acting as her own obstacle.

"He said, 'Let's go,' and started pushing me," she said. She lasted another eight miles on the route that day.

It was a small part of a 424-mile trip that made up Ride 2 Recovery's "Gulf Coast Challenge," designed to support physical and psychological rehabilitation programs for injured veterans.



Lt. Col. Kimberley Norris-Jones rides a recumbent tricycle during the Gulf Coast Challenge event. Norris-Jones is recovering from a shoulder injury sustained in Iraq.

See **CYCLISTS:** Pages 16-17

Red Cross stresses fire safety

By DENISE CUENIN
American Red Cross

Many of us have seen the local and national news media — a disaster happens, and the American Red Cross is on the scene to help with emergency assistance for the families who have been displaced. Red Cross personnel run shelters, provide emotional support, hand out emergency kits and even offer funding for short term shelter.

Although the Red Cross gets lots of coverage when it helps with major disasters such as floods or severe weather, the organization actually helps more families with smaller disasters, most of which are house fires.

The Red Cross has also been at the forefront of public education on the topic of preventing emergencies and training the public on first aid so that when emergencies happen, someone will know what to do.

The Red Cross is especially concerned about the safety of children. Fire is a real danger. Did you know that children under the age of five are twice as likely to die in a home fire as the rest of the population? Fire is fascinating to children at that age and child-set or tampered-with fires are one of the leading causes of deaths among this age group.

Across the United States, approximately 300 people are killed annually and

Red Cross Month

\$280 million in property is destroyed in fires attributed to children playing with fire. Preventing this sort of disaster begins at home. Children must be taught never to play with lighters and matches. Candles, fireworks, stoves and cigarettes also present dangerous temptations to youngsters.

It is up to adults to consciously survey their home for hazards. Keep matches, lighters and other ignitable substances in a secured location out of the reach of children.

If you have children in your home, only buy lighters with child-resistant features. Evaluate the safety of space heaters, fireplaces, fire pits and grills. Do not postpone replacing worn or damaged equipment. Never leave candles burning unattended. Carefully supervise your children at play. Reinforce the dangers to your children often. Another suggestion is that parents teach children to tell you or a responsible adult when they find matches or lighters at home or school.

Families should develop a fire escape plan and practice it several times a year. Because military families move frequently, it might be a good idea to add this to your moving checklist. Run your first practice the week you move into a new home.

You can also review with your children the correct way to “stop, drop and roll” and low crawl if a room is full of smoke, making the fire safety review a fun family activity.

The family fire drill should include familiarizing children with the sound of the smoke alarm and what to do when they hear it. You should all know that you leave the house when you hear that sound. Everyone should be familiar with a predetermined meeting place in the yard.

Other suggestions from the Red Cross include teaching your children not to be scared of firefighters. One way of doing this is by taking children to the local fire department to meet firefighters and learn about fire safety.

At Fort Jackson, the Fire Department runs a fire safety festival each fall, call “Hotoberfest.” Attending this event is a great way for children to learn about fire safety.

Each year, the American Red Cross partners with the Fire Department for this event. The Red Cross youth volunteers, the VolunTEENS, help out at this event, renewing the links between the Red Cross and the local fire department.

Always remember — the best advice in the case of a fire is to get out and stay out and to call 911 for professional assistance.

Additional information and educational materials are available at www.redcross.org/

News and Notes

WOMEN'S HISTORY EVENT SET

The installations's Women's History Month luncheon is scheduled from 11:30 a.m. to 1 p.m., Friday, at the Solomon Center. The guest speaker will be Chief Warrant Officer 5 Coral Jones.

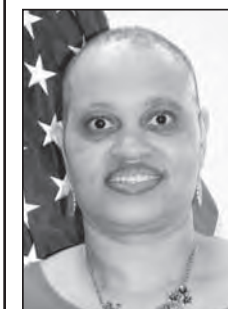
MACH NAMES TOP EMPLOYEES



MITCHELL



BELLAMY



MEGETT

Moncrief Army Community Hospital has announced its employees of the year. The top employees are Teresa Mitchell, case management assistant with the Department of Nursing; Agusta Bellamy Jr., telecommunication

specialist with Information Management; and Marvette Meggett, supervisory health systems specialist with the Patient Administration Division.

TFM WELCOMES NEW COMMANDER



BARTON

In a ceremony Wednesday at Task Force Marshall, Lt. Col. Joel Bryant relinquished command to Lt. Col. Edmond Barton. Barton previously served as the deputy personnel officer for the 108th Training Command. Bryant

will resume his career as the commanding officer for the 2nd Brigade, 98th Division (Initial Entry Training).

MORTGAGE HELP WORKSHOP SET

A one-day event to assist service members with issues related to home ownership is scheduled from 9 a.m. to 3 p.m., April 11, at the Joe E. Mann Center ballroom. The event offers help with topics like foreclosure mitigation, interest reduction, government programs, short sale, loan modification, refinance options, SCRA protections and PCS entitlements.

Participants who seek help are asked to bring all necessary mortgage and financial documents.

For more information and to register, call 751-9323.

SSI celebrates women's history



Photo by WALLACE McBRIDE

Cpts. Ngoc Do, Brock Carter and Jacqueline Giuletto, students with the Financial Management School, perform Tuesday during the SSI's Women's History Celebration. Giuletto played a shiftless high school student who is uninterested in a college career before she is visited by the spirits of feminist pioneers. The event's guest speaker was 1st Lt. Joy Crenshaw, the first female president of Allen University.

Army readies for renewable-energy projects

By J.D. LEIPOLD
Army News Services

WASHINGTON — The Army will partner with industry for up to \$7 billion in renewable-energy sources — wind, solar, biomass and geothermal — and has released a draft request for proposal that could allow multiple projects to begin nationwide.

Speaking at a media roundtable March 15, Katherine Hammack, assistant secretary of the Army for Installations, Energy & Environment, said the cumulative investment will help the Army reach its goal of having 25 percent of the Army's energy come from renewable sources by 2025. She began the roundtable by restating the Army's "net-zero strategy."

"Specifically, a net-zero energy installation produces as much energy annually as it uses, and this does not mean replacement of current energy requirements with onsite energy production," she said. "It means that installations address energy efficiency as the primary first step and then evaluate, repurpose and reuse energy as well as energy recovery."

The Army projects it will need 2.5 million megawatt hours produced worldwide of which 25 percent must come from renewable energy resources by 2025.

In addition to energy conservation, installations will strive to establish alternative forms of energy that will allow them to "island" or continue to operate should

the power grid fail.

"We understand there's a need to enhance our energy security because it's operationally necessary, financially prudent and critical to our mission," Hammack said. "We know that power grids are increasingly vulnerable and expose Army operations to risk."

She noted those risks include terrorist attacks as well as natural disasters such as drought and forest-fire conditions in the west (which some installations are already facing) and unstable weather to include tornadoes.

Hammack said the Army's risk-mitigation strategy involves onsite renewable-energy production and it must be done in a fiscally responsible manner, which is where the Energy Initiatives Task Force, or EITF, comes into play.

The EITF serves as the central managing office to plan and execute large-scale renewable energy projects of greater than 10 megawatts (roughly enough to power 30,000 homes) on Army installations, which will be accomplished by leveraging private-sector financing.

"The EITF was tasked to develop a process that is clear, consistent and transparent so that we can provide the private sector with a consistent environment to engage with the Army which will allow EITF projects to maximize return on investments for both the Army and industry," Hammack said.

EITF Executive Director John Lushetsky said that since the EITF began



We understand there's a need to enhance our energy security because it's operationally necessary, financially prudent and critical to our mission.



— Katherine Hammack
assistant secretary of the Army for Installations,
Energy & Environment

operating six months ago, it has developed standard approaches and criteria to evaluate different project opportunities to make the business of large-scale, renewable-energy development much more predictable and routine.

"We have screened more than 180 Army and National Guard installations and are currently engaged with 15 different installations at various levels of due diligence," he said. "For each of these projects, the EITF reviews a number of critical project success factors that include installation security and mission impacts, expected life-cycle economics, real-estate access, utility regulations, systems integration, environmental permitting and acquisition approach."

A renewable-energy project guide will be issued for comment later in the spring Lushetsky said.

The task force has been working closely with the U.S. Corps of Engineers to develop a request for proposal under what it calls the Multiple Award Order Contract, or MATOC. The MATOC provides a two-step process. In the first step,

companies submit initial proposals and qualifications that are not project-specific.

"This will allow us to select who we think are broadly qualified companies to bid on solar, wind, biomass — waste to energy — as well as geothermal projects," Hammack said. "Once we've established that qualified list, then we'll be in a position as projects are qualified by the EITF to issue task orders."

The draft RFP for the MATOC is out for public comment until Saturday. Lushetsky said in the last six months the EITF has had requests to meet with some 195 companies and financial institutions, and met with 40 to outline the EITF approach and plans.

The EITF plans to have a summit in May to meet with industry and discuss the renewable-energy development guide as well as specific projects.

"Long term, the Army is also interested in exploring the role of micro grids and energy storage as those technologies become better defined and more affordable," Lushetsky said.

CPAC CORNER

USA STAFFING QUESTIONS

How do I know the status of my application?

Currently with RESUMIX, applicants have to check "Answer" to know what the status of their application is. However, part of the initiative to streamline the hiring process is to have touch points which allow the applicants to know the status of their application package. There are four touch points. The first touch point is when an applicant submits his or her applicant package. An email will be sent to the applicant to state that the application was successful or that part of the package is missing (in most cases it may be missing documents). Touch points two and three are sent to the applicants via email telling them whether they were referred for the posi-

tion that they applied for and, in case they were not referred, why they were not referred. The fourth touch point is when a selection has been made. Applicants who were referred will be notified if they were selected or not selected.

CPAC offers town hall meetings on the USA Staffing process. For a complete list, see Page 19.

If you have questions or need more information, contact the Civilian Personnel Advisory Center via email at usarmy.jackson.93-sig-bde.mbx.cpac-usa-staffing@mail.mil. Responses to general questions will be posted on the Fort Jackson CPAC website at <http://www.jackson.army.mil/sites/garrison/pages/735>.

Go Green



Photo by SUSANNE KAPPLER

Beulah Ware, assistant manager of the Fort Jackson Recycling Center, talks to a group of children from Scales Avenue Child Development Center about recycling. More than 30 children between 3 and 5 visited the recycling center Tuesday as part of the CDC's 'Go Green' program.



DCO retires

Maj. Gen. James Milano, Fort Jackson's commanding general, presents Col. Craig Currey with the Distinguished Service Medal during Currey's retirement ceremony Friday in front of Post Headquarters. Currey, who has served as Fort Jackson's deputy commanding officer since 2010, retired after 30 years of service. His previous assignments on Fort Jackson were commander of the 2nd Battalion, 39th Infantry Regiment, commander of Victory Brigade (now 171st Infantry Brigade) and director of the Training Support and Schools Directorate. Currey is married to the former Maria Erland. The Curreys have one daughter and two sons.

Photo by JAMES ARROWOOD, command photographer

School health fair



Above, Kathie Williams, Health Education Manager with EdVenture Children's Museum, teaches students at C.C. Pinckney Elementary School about diet and nutrition during a health fair Tuesday. Right, Capt. Marla Washington, Army Public Health Nursing, teaches students the value of proper hygiene as part of the Grime Scene Investigator exhibit.



Photos by WALLACE McBRIDE



Continued from Page 8

More than 200 cyclists spent six days biking from New Orleans, La., to Tallahassee, Fla. Norris-Jones was among 10 riders from Fort Jackson's Warrior Transition Unit to participate in the event.

"It's about camaraderie," said Staff Sgt. Brian Talkington. "The riders can be among people like themselves with the same issues. They can talk and get to know people. It's not a race — it's team building."

It was a regimented trip that put cyclists on the road for most of the day, in weather that was often unforgiving. The most positive thing Talkington could say about the weather that riders experienced along the Gulf Coast was, "It didn't rain on us."

"I'd never been on a bike before, never wore the locked-in shoes," said Master Sgt. Brian Jarvis. "Everything was brand new to me. I was worried about doing something stupid and getting other people hurt."

Many of the riders in the Gulf Coast Challenge were active and retired military coping with physical or emotional injuries.

"It was one of the most incredible experiences of my life, being around other Soldiers who are enjoying social activity for the first time in many years," Sgt. 1st Class Christopher Aubrey said. "And to realize you're not alone."

"How does riding a bike help you?" Norris-Jones asked. "You're around people that understand what you're going through. You're physically active, so endorphins are kicking off. And you get to accomplish something that not many people get to do."

"When you're pedaling out there you've got a lot of thinking time," Jarvis said. "You find out real quick that it's not just riding a bike. It's very therapeutic. I look at my hand and there's certain things I can't do with it, but when you get passed by a recumbent — somebody in a seated bike — then I can't complain about my hand. It doesn't do me any good."

The sense of camaraderie was more than just a social exercise, Norris-Jones said. Part of the experience was witnessing how others were coping with their issues and understanding that everyone sometimes needs help.

"As much as you want to do something by yourself, sometimes you just can't and you have to ask for help," she said. "That's one of the things Ride 2 Recovery is teaching me, to ask for help. Because I'm not very good at it."

There was also a great deal of support from communities along the way. The residents of towns along the route routinely greeted riders as they trekked along the coast.

"I got goose bumps every time," Talkington

said. "Fire trucks came out there and put flags up. Schools brought their kids out; sometimes we stopped to talk to them. We stopped at the Armed Forces Retirement Home on the coast and talked to some of the older gentlemen there. It was a good experience."

"The cities along the route were out in force," Norris-Jones said. "One community had every city-owned vehicle lining our route as we were leaving. It made me feel really good."

"It makes you realize people haven't forgotten, that people still care," Aubrey said. "If gives you a sense of accomplishment that you did right. People still appreciate what you do."

It was a pleasant change from the occasionally confrontational attitudes she's seen concerning service in the armed forces. As with most of the riders that took part in the Gulf Coast Challenge, Norris-Jones is still dealing with the aftermath of an injury.

"I get asked, often by my own family members, 'Why are you still in the military? It doesn't treat you very well,'" she said. "I tell them I serve because there are people out there who won't. As far as I'm concerned, my country's worth serving. I'm fighting to stay in. There's still stuff I can do."

Members of the Fort Jackson group have already signed up for cycling trips all over the nation, though scheduling will keep them from participating together in every ride. Some of the team is also lobbying to participate in a ride in Belgium set for June to commemorate the Battle of the Bulge. Jarvis said event organizers have limited the number of riders taking part in the trip and that the team is still waiting to find out if any of them will be able to participate.

"They're looking for folks who are strong riders, long riders and can handle hills," Norris-Jones said.

While it's still unclear if anyone from Fort Jackson will be able to take part in the Belgium ride, the post was well-represented at the Gulf Coast Challenge. Norris-Jones said the post had more Soldiers riding than even Fort Bragg, N.C., Fort Riley, Kan., and Fort Benning, Ga. And participation could have been even greater if they had more equipment.

"We would have a wonderful biking program in the Warrior Transition Unit if we could get more bikes," she said. "Ride2 Recovery told us we brought more new riders than any other Warrior Transition Unit in the country and we're just a small company. People want to participate but we don't have enough material."

FORT JACKSON'S GULF COAST CHALLENGE TEAM:
Staff Sgt. Brian Talkington, Staff Sgt. Dustin Vaughan, Lt. Col. Kimberley Norris-Jones, 1st Lt. Heather Curry, Master Sgt. Brian Jarvis, Sgt. 1st Class Christopher Aubrey, Staff Sgt. Jaysan Arnote, Sgt. 1st Preston Simpson, Spc. Christopher Miller, Spc. Trenton Sutton

Saluting this basic training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Michael Kearney
Company A
1st Battalion,
61st Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Anthony Roe

SOLDIER OF THE CYCLE
Pvt. Michael Roth

HIGH APFT SCORE
Pfc. Travis Wilsey

HIGH BRM
Pvt. David Loya



Sgt. 1st Class James Yco
Company B
1st Battalion,
61st Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pfc. Christopher Martin

SOLDIER OF THE CYCLE
Pfc. Alexander Fetta

HIGH APFT SCORE
Pfc. Alexander Fetta

HIGH BRM
Pvt. Jeffrey Reynolds



Staff Sgt. Lewis Urdahl
Company C
1st Battalion,
61st Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pvt. Andrew Niehaus

SOLDIER OF THE CYCLE
Pfc. Lance Johnson

HIGH APFT SCORE
Pvt. Andrew Niehaus

HIGH BRM
Pvt. Richard England



Staff Sgt. Christopher Hendricks
Company D
1st Battalion,
61st Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Cheyenne Opiana

SOLDIER OF THE CYCLE
Pfc. Graham Hansen

HIGH APFT SCORE
Pfc. Keyontai Simpson

HIGH BRM
Pvt. Riley Noon



Staff Sgt. Jamie Wall
Company F
1st Battalion,
61st Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pfc. Lance Faletogo

SOLDIER OF THE CYCLE
Pfc. Antia Frost

HIGH APFT SCORE
Pvt. Brandon Miller

HIGH BRM
Pvt. Logan Deitsch

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Lisa Barrett

SERVICE SUPPORT
Felicia Grate

TRAINING SUPPORT
Jennifer Felton

DFAC SUPPORT
Queen Cheney

FAMILY SUPPORT
Hannah Rix

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@gmail.com.

For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

For information about display advertising, contact Kathy at 786-5681.

The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com.

Fort Jackson Leader recognized



Photo by KAREN SOULE, public affairs officer

Bill Rodgers, executive director of the South Carolina Press Association, presents Susanne Kappler, Fort Jackson Leader, with one of seven awards the paper won at the SCPA's annual award luncheon Saturday in Folly Beach. The *Leader* was recognized for excellence in column writing, headline writing and photography.

Training honors



BONE



SILVA-WARREN

DRILL SERGEANT SCHOOL

DRILL SERGEANT LEADER
Staff Sgt. Joshua Bone

DISTINGUISHED HONOR GRADUATE
Staff Sgt. Antonia Silva-Warren

LEADERSHIP AWARD
Staff Sgt. Courtney Thomas

PHYSICAL FITNESS AWARD
Sgt. 1st Class Travis Huggard



THOMAS



HUGGARD

Calendar

Friday
Women’s History Month luncheon
11:30 a.m. to 1 p.m., Solomon Center
The guest speaker will be Chief Warrant Officer 5 Coral Jones.

Monday, April 9
Employee Assistance Program
supervisory training
9 a.m., Post Conference Room
The training will cover EAP services offered and the referral process. For more information, call 751-5007.

Tuesday, April 10
AG Corps Regimental Association
Carolina Chapter meeting
11:30 a.m. to 1 p.m., Officers’ Club

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Throughout March
Plastic bag recycling
Take your plastic grocery bags to the Community Center during the month of March. Residents will receive a raffle ticket for every 20 bags.

Friday, 9 a.m. to 2 p.m.
American Red Cross blood drive
To schedule an appointment, call 738-8275 or email ayoungblood@bbcgrp.com.

Announcements

USA STAFFING TOWN HALLS
The Civilian Personnel Advisory Center will host a series of town hall meetings to inform the Fort Jackson community about the new USA Staffing recruitment and placement system, which will take effect April 23. The following events are scheduled:
☐ Post Theater
April 5 and 6: 9 to 10:30 a.m.
April 10 and 13: 1:30 to 3 p.m.
☐ Moncrief Army Community Hospital
Wednesday: 9 to 11 a.m.
Wednesday: 2 to 4 p.m.
☐ Soldier Support Institute auditorium
April 3, 4 and 9: 2 to 3:30 p.m.
April 4, 9 and 10: 9 to 10:30 a.m.

GRADUATION TIME CHANGE
Basic Combat Training graduation on March 29 is scheduled for 10 a.m. instead of 9 a.m.

FEDERAL JOBS FOR SPOUSES
Army Community Services has scheduled workshops for military spouses on the new USA Staffing system for federal job application. The workshops are scheduled for the following dates:
☐ Tuesday, 9 to 11 a.m.

☐ Tuesday, 1 to 3 p.m.
☐ March 30, 9 to 11 a.m.
☐ April 3, 9 to 11 a.m.
All events will take place at the Strom Thurmond Building, Room 222. For more information and to register, call 751-4862.

EXTENDED CHILD CARE
Imboden Street Child Development Center now offers enhanced extended hours care to provide overnight and week-end child care. The service is available to Soldiers who have verification from their chain of command that mission requirements necessitate the child care. For more information, call 751-1672 or email Rose.Edmond@us.army.mil.

AA OPEN MEETINGS
Alcoholics Anonymous open meetings are scheduled from 9 to 10 a.m., Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

CALL TO PURITY CONFERENCE
A call to purity conference is scheduled for 6 to 9 p.m., Friday, and 8 a.m. to noon, Saturday at the Main Post Chapel. The event is designed to help people live lives of integrity in their thoughts, entertainment choices and activities. For more information, call 751-8248 or email david.a.bowlus.mil@mail.mil.

JOHN/JANE WAYNE DAY
The 171st Infantry Brigade will host its semi-annual John/Jane Wayne Day Saturday. The event is open to spouses of cadre in the 171st. For more information, call 543-5394.

FINANCIAL LITERACY MONTH
Army Community Services will host a variety of seminars throughout April to observe Financial Literacy Month. Topics include credit basics, credit reports, paying off debt, stocks and more. For more information, visit <http://fortjacksonmwr.com/acs/> and click on “Financial Literacy Month.”

MACH NUTRITION CLINIC
The following classes are scheduled for March:
— Cholesterol and high blood pressure class, 2 to 3 p.m., March 29
— Bariatric initial appointment class (by referral only), 10 a.m. to noon, Tuesday
All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

THRIFT SHOP NEWS
Summer clothing will be accepted starting Tuesday. Winter clothing will not be accepted after Wednesday. The Thrift Shop is open from 9 a.m. to 3 p.m., Tuesdays and Thursdays, and from 9 a.m. to 5 p.m., Wednesdays. Organizations may submit welfare applications throughout the year. Anyone can shop at the Thrift Shop, but only military ID card holders can consign items.

TELEPHONE BOOK RECYCLING
Old telephone books can be dropped off at the Fort Jackson Recycling Center through March 31. Phone books can be turned in from 7 a.m. to 3 p.m., Monday through Friday, and from 8:30 a.m. to 3:30 p.m., Saturday. For more information, call 751-4208.

LUNCH WORKOUT
The 187th Ordnance Battalion Functional Training Center offers lunchtime workouts at noon, Tuesdays and Fridays, at 2250 Sumter Ave. For more information, call 751-9740 or email Sophie.Hilaire@us.army.mil.

MG URSANO SCHOLARSHIP
The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

UNIT PREVENTION LEADER CLASS
The next Army Substance Abuse Program Unit Prevention Leader class is scheduled from 8 a.m. to 4 p.m., March 26-30 at 9810 Lee Road. For more information, call 751-7949/5007.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.
Send your announcements to fjleader@gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Announcements are due one week before the publication date. For more information, call 751-7045.
For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to skaress@ci-camden.com.
For information about display advertising, contact Kathy at 786-5681.

School notes

RICHLAND ONE PRE-K DEADLINE
The deadline for parents to register their children for Richland One’s pre-kindergarten program has changed. Parents now have until June 1 to enroll their 4-year olds. For more information, call 231-6882/6709.

ON-POST SCHOOLS REGISTRATION
School registrars will send home a letter April 9 along with the required form for parents to register for the next school year. The deadline to return the completed form is April 20.

RICHLAND ONE TRANSFER SEASON
Richland One is accepting transfer requests until May 1. Application forms are online at www.richlandone.org. For more information, call 231-6944.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

PURPLE UP FOR MILITARY KIDS
South Carolina Operation: Military Kids is encouraging everyone to wear purple April 13 as a show of support for military children. For more information, visit www.scomk.org.

DRILL SERGEANT REUNION
A reunion for drill sergeants and support staff assigned at Fort Jackson during the 1970s and 1980s is planned for June. For more information, call (785) 375-1433 or email rubyrobinson60@yahoo.com.

OPERATION PURPLE CAMPS
Operation Purple Camps offer a free week of summer camp for children whose parents were/are deployed at any time between September 2011 and December 2012. For more information, visit www.militaryfamily.org.

MARINES WANTED
The Marine Corps League, Detachment 829 is looking for Marines to join. For more information, email hhulett156@bellsouth.net.

173RD AIRBORNE ANNIVERSARY
The 173rd Airborne Brigade National Memorial Foundation will host a celebration to commemorate the 50th anniversary of the brigade through Saturday at Fort Benning, Ga. The event will include a reading of the names of fallen Soldiers from the brigade. For more information, visit www.173dairbornememorial.org or email ramirez173@hotmail.com.

OCS ALUMNI REUNIONS
The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email Army@OCSAlumni.org or call (706) 221-8720.

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Insight key to managing brain injury

By **NAVY CMDR. ANGELA SMITH**
Moncrief Army Community Hospital

A brain injury can occur when something outside the body hits the head with significant force. It could be a head hitting the windshield during a car accident; an impact from a fall; head injuries received during sports or other recreational activities; or trauma from a nearby blast or explosion. A brain injury can cause changes in a person's ability to think, control emotions, walk or speak, and can also affect sense of sight or hearing.

A brain injury can be mild to severe. Mild traumatic brain injury refers to brief changes in or loss of consciousness. Severe traumatic brain injury refers to longer periods of unconsciousness and memory loss around the event. Although it may be easier to diagnose a moderate to severe brain injury, changes caused by any brain injury could significantly impact many areas of a person's life.

A brain injury can affect people in different ways and sometimes symptoms change as people recover. Some people may recognize symptoms immediately, others may write them off or minimize what they are experiencing. Some may find that symptoms don't go away as fast as they expect.



DoD graphic

The injury can result in changes in a person's physical functioning; thinking abilities or cognitive function; and behavioral effects. These symptoms are often interrelated and can cause other difficulties such as sleeping problems, depression and anxiety.

Physical effects may include headaches, difficulty speaking, blurred vision, difficulty hearing, loss of energy, change in sense of taste or smell and trouble with balance. Cognitive effects may include difficulty concentrating, forgetfulness and difficulty making decisions.

Behavioral effects may include irritability, interpersonal problems and difficulty controlling emotions.

People who suffered brain injuries can take steps to help manage the symptoms. It is recommended to get enough sleep, write things down or use electronic reminders, and establish a regular daily routine. Alcohol should be avoided because it can slow down the healing process and make symptoms worse. Additionally, cold medications that treat nasal congestion or other products that contain pseudoephedrine may increase symptoms. It is also helpful to recognize triggers by keeping a record of situations that are most likely to worsen the symptoms.

Most doctors who treat head injuries agree that recovery is faster if patients understand what is happening; get enough rest; and resume their responsibilities slowly but surely. People with brain injuries should not push themselves too hard. The time the patient spends at work, with family and friends and in other activities should be determined by his or her comfort level. Activity level should be gradually increased over time. Patients should also consider whether those activities make the symptoms worse.

It is important to remember that proper understanding, evaluation and prompt management can greatly improve the prognosis for a brain injury.

Women are urged to take heart disease to heart

By **JULIA GRAY**
Moncrief Army Community Hospital

Heart Disease is the number one killer of American women. Statistics show that it accounts for nearly one-third of all female deaths. According to the American Heart Association, that is six times as many deaths as are attributed to breast cancer.

An article in Kershaw County's *Healthy Living Magazine* stated that in 2004, in South Carolina alone more than 144,000 women suffered from heart disease. The article further stated that in our local communities, more than 500-600 women a year are sent to hospitals with some form of heart disease.

Still, many women do not recognize heart-attack symptoms. Many others simply delay calling for assistance, either because they don't understand or they are afraid. This puts their health and their lives in jeopardy. Research by the National Institutes of Health indicates that women often experience new or different physical symptoms as long as a month or more before experiencing heart attacks.

As women, we need to know our unique heart attack symptoms. Please understand these can be quite different from

a man's. If you think you may be having a heart attack, call 911 immediately. Even if it is a false alarm, when your life is at stake, this is the least of your worries.

When thinking of heart attack symptoms, you may think of someone gripping the chest in pain or gasping for breath. You would be right — some of the time.

Although chest discomfort may be the leading sign of heart attack in both men and women, in women heart attacks can feel a lot different than one might expect.

Very often a woman's heart attack feels like an uncomfortable pressure, squeezing, fullness or pain. It usually starts in the center of the chest, lasting sometimes no more than a few minutes.

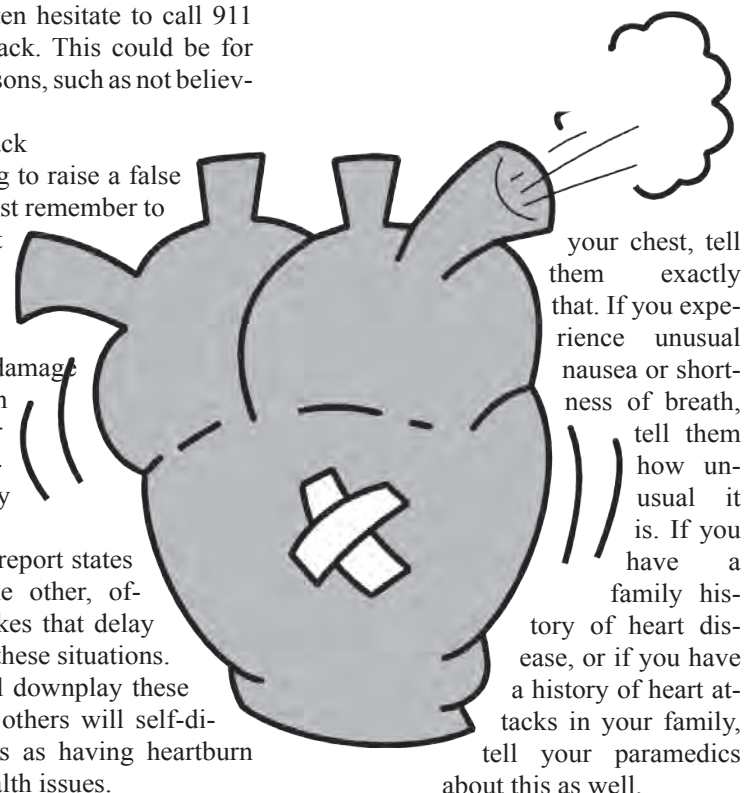
Although chest discomfort may be the primary symptom, a 2003 NIH study, titled "Women's Early Warning Symptoms of AMI (acute myocardial infarction)," shows that almost one-third of all women experience no chest pain at all. Instead, they experience shortness of breath, nausea and vomiting, stomach pain or pain in the lower jaw. Of course these symptoms will vary from woman to woman; pain can come and go, it can either be mild or severe. The thing to know is that it is an unusual pain, different than one you have felt before.

Women too often hesitate to call 911 during a heart attack. This could be for any number of reasons, such as not believing they are really having a heart attack or just not wanting to raise a false alarm. Women must remember to never take a wait and see approach to a heart attack. The longer you wait, the more damage a heart attack can cause. Take your symptoms seriously, because they are.

A recent CNN report states that women make other, often critical, mistakes that delay their treatment in these situations. Some women will downplay these symptoms, while others will self-diagnose themselves as having heartburn or other minor health issues.

These delays and misjudgments can cost a life.

When emergency personnel arrive, clearly and completely describe your symptoms. For example, if your chest pain feels like someone just parked a car on



your chest, tell them exactly that. If you experience unusual nausea or shortness of breath, tell them how unusual it is. If you have a family history of heart disease, or if you have a history of heart attacks in your family, tell your paramedics about this as well.

All of this information is vital. If paramedics have a complete history of your symptoms, they can prepare emergency physicians and other medical personnel to provide you with the best treatment possible. This can save your heart and your life.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the April 5 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the April 5 Leader must be submitted by

March 29.

Send all submissions to FJLeader@gmail.com.

For more information, call 751-7045.

Soldier to coach high school all stars

By **SUSANNE KAPPLER**
Fort Jackson Leader

When the McDonald's All American High School Girls Basketball Game in Chicago tips off 6 p.m. Wednesday, members of the Fort Jackson community watching the game on ESPNU might spot a familiar face on the sideline.

Lt. Col. Greg Bauldrick, who in his day job works as the director of the EO training proponent with the Adjutant General School, is an assistant coach for the East team.

"It's certainly one of these once-in-a-lifetime experiences," Bauldrick said. "I'm just fortunate that at this moment in time I can be a part of it. I certainly hope that what I'm able to contribute is something that could touch the lives of these young folks in a very positive way for a very long time."

The McDonald's All American games pit the best high school players in the country against each other. On the boys' side, the game has been an early-career platform for basketball stars like Michael Jordan, Earvin "Magic" Johnson, Shaquille O'Neal and LeBron James.

Bauldrick, who holds a master's degree in sports management, has been volunteering as an assistant coach for the Spring Valley High School girls basketball team since 2007. He started coaching in 2002 when the coach for his son's recreational basketball league team quit.

On the Spring Valley team, he serves under head coach Anne Long, who is a member of the South Carolina Basketball Coaches Association Hall of Fame and has led her teams to 11 state titles. Long was selected to coach the East team and decided to make Bauldrick one of her assistant coaches for the game.

"Coach Bauldrick is a tremendous asset to our entire program," Long said. "He carries out his daily duties very efficiently and is willing to go the extra mile without hesitation. He is a good coach and an outstanding person. It is a pleasure to work with him as we continue to strive for championship status."

Bauldrick said he found out about his selection in mid-February, but was not allowed to talk about it for about two weeks because a formal announcement had not been made.

"It (caused) many sleepless nights, because you're just filled with this anxiety of knowing that this was happening for you and you were going to be part of something



File photo by TIM KIMZEY, Spartanburg Herald-Journal

Lt. Col. Greg Bauldrick and Anne Long, coaches for the Spring Valley High School girls basketball team, talk to their team during a game in 2009. Bauldrick will be on the sideline with Long during Wednesday's McDonald's All American High School Girls Basketball Game in Chicago.

special, but at the same time, you're waiting two and a half weeks before you can share it with those closest to you," Bauldrick said.

Bauldrick, a self-described sports junkie, said one of the things he loves most about coaching is knowing that he has the opportunity to make a lifelong impact on a young person's life.

"As I've gotten older, a lot of things in life that I draw to ties back to coaches that I've had along the way," he said. "Just touching young people's lives is, I think, the greatest gift that you can give somebody."

He said he sees a number of parallels between being a leader in the Army and being a coach.

"That's what (Army leaders) do. We coach, teach and



BAULDRICK

Spring Valley family."
Susanne.Kappler1@us.army.mil

mentor all the time. I think a lot of the practices and processes are very similar in terms of preparation," Bauldrick said. "I've pretty much transformed that and take the same approach when I'm at the gym and coach."

Bauldrick said he is excited to have the opportunity to coach some of the best high school players in the country.

"It doesn't get any better for high school basketball — girls or boys," he said. "I'm just very thankful to Coach Long for giving me this opportunity and to the entire Spring Valley administration and staff for just allowing me to be part of the

Sports shorts

LETTERS OF INTENT DUE

Letters of intent for the following sports are now accepted by the Sports Office:

❑ Lunch bowling; open to all ID card holders; due April 19. League play will start May 1 and continue for 10 weeks from 11:45 a.m. to 12:50 p.m. on Tuesdays.

❑ Reverse triathlon; open to active duty military only; sign up by April 19. The event is schedule for April 28 and will include an 11-mile bike ride, a 3.2-

mile run and a 300-meter swim.

❑ Strongman competition; open to active duty military only; sign up by May 8. Weigh ins are scheduled for May 16, the competition will take place May 17. The event includes a Hummer pull, stone carry and tire flip.

For more information, call 751-3096.

ARMED FORCES DAY WALK/RUN

The Armed Forces Day 5K fun run/walk and 10K run is scheduled for 8 a.m., May 19.

The event is open to all ID card holders.

POST GOLF TEAM QUALIFIER

The Post Golf Team qualifier is scheduled for April 14-15. Soldiers who want to represent Fort Jackson in two tournaments can sign up at the Fort Jackson Golf Course.

For more information about intramural sports, contact the Sports Office at 751-3096.

DART STANDINGS

Recreational teams

1st CivDiv	23+
Sharp Shooters	18+

Intramural teams

MACH	24+
2-60th	15+
187th	15+
120th, Team 1	12+
4-10th	11+
3-34th	8+
TFM	7+
1-61st	6+

Standings as of Wednesday



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

FIRST RESPONDER

Lt. Col.
Raymond Simons
Director, Emergency Services

Maj. Bradford Fisher
Provost Marshal

Sgt. Maj. Bruce Sirois
Provost Sergeant Major

Bill Forrester
Fire Chief



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

CASES OF THE WEEK

❑ Military police arrested a service member for driving with a suspended vehicle registration and driver’s license. Police were conducting routine patrols when the automated license plate reader device indicated that the service member’s vehicle registration was suspended, MPs said.

Police reported that when checking the service member’s driver’s license, MPs determined that the license was suspended for failure to appear in court and unpaid traffic tickets. The service member was released to his unit.

❑ A service member was arrested after starting a fistfight with another service member, MPs reported.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

Court martial

U.S. V. PUMA

A military judge convicted Master Sgt. Johnny Puma of three charges during a general court-martial March 15. Puma was convicted of larceny, making a false official statement and fraud.

Puma was sentenced to 30 days confinement, reduction in rank to E7, forfeiture of \$1,000 per month for six months and a reprimand. Puma was assigned to the United States Army Reserve Drill Sergeant School.

FORCE PROTECTION
THOUGHT OF THE WEEK
HAVE A PLAN!!!!



Do you have a Tornado evacuation plan?